



Course Syllabus

| | | |
|-------------------------|------------------------------|--------------------------------|
| Course Code | Course Title | ECTS Credits |
| SPRT-401 | Human Performance Management | 6 |
| Prerequisites | Department | Semester |
| Senior | Management | Fall/Spring |
| Type of Course | Field | Language of Instruction |
| Major | Sports Management | English |
| Level of Course | Lecturer(s) | Year of Study |
| 1 st Cycle | Dr. George Loucaides | 4 th |
| Mode of Delivery | Work Placement | Corequisites |
| Face to Face | N/A | None |

Course Objectives:

The main objectives of the course are to:

- Provide an overview of the different sport scientific principles that may contribute to positive or negative influence on athletes' performance.
- Enhance critical evaluation skills of the students in regards to different legal or illegal methods offered and distinguish between ethical and unethical ways for enhancing sport's performance.
- Impart the basic principles of successful coaching.
- Provide the role of each member of the team/club and how these members (head coach, assistant coach, trainer, physiotherapist, administrative members, and executive board members) influence the athletes' performance.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Have basic knowledge about the anatomy and physiology of the human body and understand its functions at rest and during exercise.
2. Understand the different scientific methods that may support the athletes' performance (exercise physiology, fitness testing, sport nutrition, sport psychology, sport medicine).
3. Critically evaluate the different legal and illegal supporting methods offered for enhancing performance (ergogenic supplements or performance enhancing drugs).
4. Distinguish between ethical and unethical ways of performance enhancement.

5. Know the function and contribution of sports academies in professional sports and the role of sport scientist in this level.
6. Understand the basic principles of successful coaching.
7. Understand how the athlete's performance is influenced by members of the team/club coaching, training and administrative personnel. Know the function and contribution of sports academies in professional sports and the role of sport scientists in this level.
8. Understand how the athlete's performance is influenced by members of the team/club coaching, training and administrative personnel.

Course Content:

- Human performance management and the team around the athlete
- Managing high performance sport teams and athletes, managing elite systems
- The sport systems and structures
- Performance appraisal and evaluation
- Leadership in sports
- Emotional intelligence and HPM
- Managing the athlete/team, planning and communication
- Human anatomy and physiology
- Sports Medicine and its role in supporting sport performance
- Fitness assessment, performance evaluation
- Human performance Labs and cooperation with scientific personnel
- Sports Nutrition and Sport Supplements in exercise performance
- Doping/performance enhancing drugs
- Athletes' psychology and the importance of psychological support on performance

Learning Activities and Teaching Methods:

PowerPoint Lectures, videos, student presentations/assignments/exercises

Assessment Methods:

Students' PowerPoint presentations, assignments, exercises, Mid-Term exam, Final exam

Required Textbooks / Readings:

| Title | Author(s) | Publisher | Year | ISBN |
|---------------------------------|---------------------------------------|----------------------|-------------|---------------|
| Managing High Performance Sport | Popi Sotiriadou Veerle De Bosscher | Taylor & Francis Ltd | 2013 | 9780415671996 |

Recommended Textbooks / Readings:

| Title | Author(s) | Publisher | Year | ISBN |
|---|---|------------------|-------------|---------------|
| Managing Elite Sport Systems: Research and Practice | Svein A. Andersen, Lars Tore Ronglan, Barrie Houlihan | Routledge | 2016 | 9781138633575 |